

## Mental Health

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- **Alzheimer's Associations of Frederick**  
108 Byte Drive #103  
Frederick, MD 21702  
(301) 696-0315  
"To eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health"
- **ARC of Frederick County**  
620 Research Drive  
Frederick, MD 21703  
(301) 663-0909  
"The ARC of Frederick County provides advocacy, access to resources, and assistance in increasing individual and family connections for people with developmental disabilities. The organization seeks creative solutions to help people with developmental disabilities attain their goals."
- **Frederick County Health Department**  
350 Montevue Lane  
Frederick, MD 21702  
(301) 600-1029  
"Public Health. Prevent. Promote. Protect"
- **Mental Health Association of Frederick County**  
226 South Jefferson Street  
Frederick, MD 21701  
(301) 663-0011 **Need Help? Call 2-1-1**  
In crisis? (301) 662-2255 (local) 800-422-0009 (statewide) Services available in over 150 languages.  
"A leader in creating services that respond to the changing mental health needs in our community, the Mental Health Association of Frederick County is a place where people can be heard and receive support."
- **Frederick Memorial Hospital (FMH)**  
400 West Seventh Street  
Frederick, MD 21701  
(240) 566-3300  
"The mission of Frederick Regional Health System is to contribute to the health and well-being of area residents by providing quality healthcare in a caring, cost efficient, safe and convenient manner through a coordinated program of prevention, diagnosis and treatment, rehabilitation, and support."
- **FMH Wellness Center**  
5500 Buckeystown Pike  
Frederick, MD 21703  
(240) 379-6000  
"If you are interested in exploring wellness and lifestyle changes, the FMH Wellness Center is an ideal place to start! The FMH Wellness Center was created to help the community discover new approaches to healthier living."

